Illustrations of Tuina Therapy

Introduces easy to administer tuina methods for 66 common diseases

This book, with colored illustrations, serves as a sharp tool for those who prefer to deal with common conditions using tuina manipulation. Practitioners typically brush, knead, roll/press and rub the areas between each of the joints (known as the eight gates) to open the body's defensive (wei) chi and get the energy moving in the meridians as well as the muscles.